



Roasted Pumpkin Guts

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PARTS:

- [Pumpkin seeds \(1\)](#)
- [Baking sheet \(1\)](#)
- [Olive oil \(1\)](#)
- [Seasonings \(1\)](#)
[such as garlic salt, cajun spice, curry powder](#)
- [Oven \(1\)](#)
[for roasting](#)

SUMMARY

The shell is fun to carve, but it's the guts of the pumpkin that offer scrumptious, slimy seeds for roasting. They're easy, lip-smacking tasty, and the healthiest thing you'll eat on Halloween.

Step 1 — Acquire the seeds.



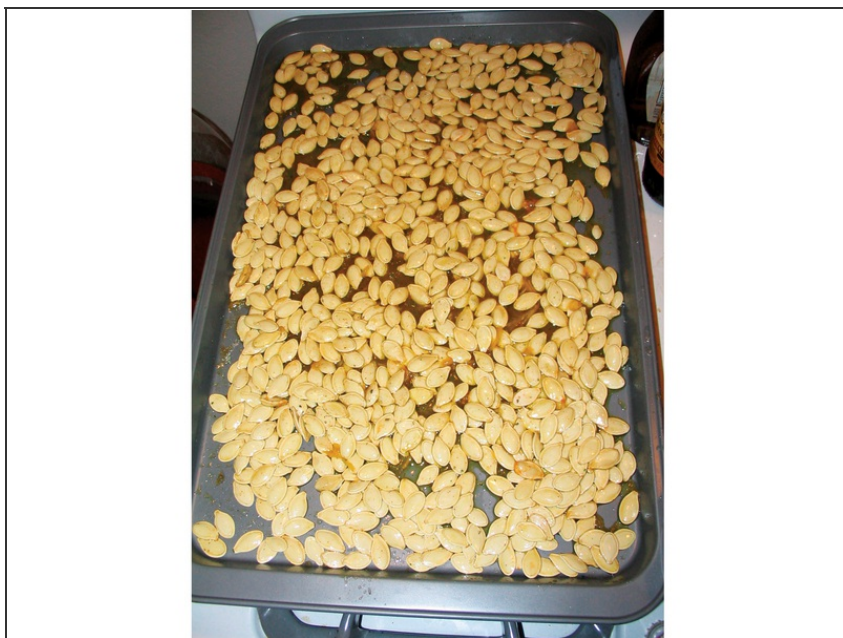
- Scoop out a nice pile of pumpkin guts. Squish through the mess, picking out the seeds and detaching as much of the stringy goo as possible. This is the perfect job for kids.
- Give your seeds a wash in the colander to remove a little more of the sticky stuff. Don't stress about getting them perfectly clean — a bit of leftover pumpkin flesh will add flavor.

Step 2 — Oil and season.



- Find a baking sheet with raised edges to prevent escapees. Drizzle the sheet with olive oil, dump in your rinsed seeds, and add seasonings. I use a combination of garlic salt and cajun spice, but try hot sauce, soy sauce, curry powder, or anything else that makes your mouth happy.
- Stir the seeds with your fingers until they're all well-covered in oil and spice. Lick your fingers to make sure you're happy with the spice mixture.

Step 3 — Bake.



- Toss them into the oven at 350°–400°F. Stir periodically to prevent sticking or burning. When they're golden brown on the edges, they're done. Depending on how heavily you've loaded up your tray, it may take 15-30 minutes to toast your seeds.
- Be careful — hot, oily pumpkin seeds will burn you.



Step 4 — Serve.

- Serve warm or at room temperature. Keep hungry fingers clear until they've cooled off enough to eat. I've seen these served out of a hollowed mini pumpkin lined with foil, but I'm far too lazy to do this myself. I just eat them off the pan.

This project first appeared in [Make: Halloween](#), page 70.

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